

FROM THE EXECUTIVE DIRECTOR . . .

The Legislative and By Laws Committee has prepared an official Mission Statement to be included in the By Laws for Clarence Senior Citizens, Inc. It was discussed at the August 5, 2004 Board Meeting. The proposed Mission Statement is as follows:

ARTICLE II - MISSION

The mission for which this Corporation is to be formed is to provide an institution for the organization and association of those senior citizens who function independently and reside in the Town of Clarence. The Corporation will provide social, educational, recreational, nutritional support and opportunities for volunteerism, to enhance the general welfare and acknowledgement of the senior citizens.

Also proposed and to be discussed and voted upon are revisions and inclusions to
Article III – Membership in the By Laws:

1) Qualifications for Membership:

a.) In order to qualify for membership in the Clarence Senior Center, an individual must:

- i. Be a property owner in, or be a resident of, the Town of Clarence
- ii. Be at least 60 years of age or a spouse of a member
- iii. Be able to function independently and without assistance
- iv. Be compatible with the harmony, peace and decorum of the Center

2.) Exceptions to Qualifications for Memberships:

a.) If an individual does not qualify for membership in the Clarence Senior Center, Pursuant to Section III (i) (I –v) above, an individual may nevertheless qualify For membership if:

- i. A property owner or resident of the Town of Clarence, regardless of age, who is receiving Social Security Disability Benefits.
- ii. A person whose disability otherwise precludes their membership provided they are accompanied at the Clarence Senior Citizen Center at all times by a personal caregiver.
- iii. A person who resides in an assisted living facility is presumed to be unable to function independently. This presumption may be overcome as provided in Section III (3) below.

3.) Independent Function Certification:

a.) With respect to the “Exceptions to Qualifications for Membership” as described in Section III (2) (a) (i-iii), anyone applying for membership under one of those exceptions must satisfactorily complete the membership application and certification forms approved from time to time by the Board of Directors. Upon completion of the membership and certification forms, the Executive Director shall submit the prospective member’s application and certification forms to the Board of Directors for membership approval to be voted on by the Board of Directors at their next regularly scheduled meeting.

4.) Cessation or Revocation of Membership:

- a.) Any member who disturbs the harmony, peace and decorum of the Clarence Senior Citizen Center shall have their membership rescinded following a recommendation by the Executive Director and affirmative vote of the Board of Directors.
- b.) Any member who sustains a medical event which would have otherwise disqualified that individual from membership in the Clarence Senior Citizens Center, shall have their membership rescinded upon recommendation of the

Executive Director and affirmative vote of the Board of Directors.
Notwithstanding, should such individual retain a personal caregiver
(Section III (2) – (ii) or comply with the Certification reference in
Section III (3) (a), such membership shall not be rescinded.

- Please note that the old policy was not printed in this mailing due to its length. For purpose of comparison, a copy may be obtained at the Center.
- A copy of the ***Independent Living Certification***, when voted and approved, will be among the flyers in the publication following its approval.

As confusion often results from lack of correct information, the following is presented regarding levels of care for senior citizens. Its purpose is to bring clarity to the phrase ***function independently and the levels of health care in NYS***. The source is the Western New York Association of Homes and Services for the Aging (WNYAHSA) Community Guide to Senior Care and the NYS Department of Health Patient Review Instrument:

ACCOMODATING CHANGE AS YOU AGE

As an individual's needs and abilities change, a transition into another level of care may be necessary. For example, a senior may initially choose to live in a retirement community for additional safety, comfort and companionship. Later, he or she may move to a different level of care to meet health or lifestyle changes.

The following is a brief overview of the options and levels of care offered:

Senior Housing/Apartments:

Designed for independent seniors. The choice to move to senior housing is usually made by an individual who no longer wishes to maintain their homes and/or prefers to live in a community that is age or income specific. Minimum age is usually 55.

Senior housing in the Town of Clarence includes the Brothers of Mercy Apartments, The Claremont, Montgomery Park, Stonegate and Vine Croft Apartments. Organized recreational and social activities may be planned, senior and/or handicapped-appropriate safety features in bathroom and kitchens may be featured. No health care or assistance is provided.

Assisted Living:

Referred to as ***Enriched Living and Adult Care Facilities***, these two terms are often used to describe facilities that enable a senior to remain as independent as possible when he/she has difficulty performing basic daily activities.

The decision to move to this type of facility is most often made by the prospective resident and their family and/or a hospital or community social worker.

The New York State Department of Health uses a hospital and community patient review instrument that assesses and scores a person's medical events, treatments, behaviors and performance in their Activities of Daily Living (referred to as ADLs). The ADLs are eating, mobility, transfer, toileting, and medication. The score of this assessment determines what level of care is appropriate.

Enriched and Assisted Living facilities generally refer to apartment-like settings or offer suites that include bedroom and bath. These facilities can provide:

- Personal care services, such as assistance with dressing, grooming and bathing
- Meals served in a central dining room
- Social and recreational programs
- Housekeeping, shopping and maintenance services
- Some nursing care (usually one nurse on duty throughout the 24 hour period and Certified Nursing Assistants that provide hands on care to residents.)
- Dementia Care Units (staffed by 6 Certified Nursing Assistants per NYS law)

In the Town of Clarence there are two facilities that offer Enriched and Assisted Living Care. They are the Sacred Heart Home and Bristol Village. Should the NYS Health Department assessment determine the care needs of an individual not appropriate for Assisted or Enriched Living, the next level of care is:

Skilled Nursing Facilities:

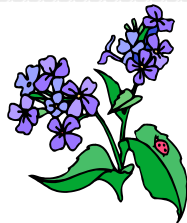
These facilities offer the highest level of residential care that includes:

- 24 hour nursing care (one nurse per 20 residents and 5 Certified Nursing Assistants per 40 bed/resident unit)
- A nursing supervisor present during all three shifts who oversees for all units
- Meals served in a central dining room or are provided where and how appropriate for individual needs
- Assistance with bathing, dressing, grooming
- Housekeeping and laundry services
- Social Activities
- Physical, speech or occupational therapy
- Dementia units (independently and appropriately staffed per NYS guidelines)
- Respite Care
- Hospice
- Some SNFs provide Sub-Acute Units (rehabilitation following surgery)

Many at the Center struggle with the difficult and, often times, traumatic decisions that must be made regarding care and residency for a parent or spouse. It is a course uncharted by the generation before ours. We often find ourselves in a role reversal position. No matter how difficult the decisions, we must temper our emotions and face them with realistic and appropriate information that will bring correct and safe solutions for our loved ones.

Sincerely,

Janice



THANK YOU . . .

To everyone who sent flowers, food, cards, and messages of encouragement after my recent surgery. They proved to be better medication than any obtained at *Rite Aid*™.

September 2004 Highlights

Monday, September 1 beginning at 11 a.m.

POLITICIAN PICNIC

Join us today at our center for our Politician Picnic. We are lucky to have Bill Close here as our musical entertainment starting at 11 a.m.! We invite everyone to come and meet the Clarence politicians who represent you. Once more, if the weather permits, we will be dining both inside and outside the center – it's your choice where you'd like to eat! Come join us!

Friday, September 10 from 10 a.m. – 1 p.m.

HEALTH AND TRADE FAIR

Come join us for this all day affair involving several local agencies, businesses and health care providers as they present what they can offer all of us. We're convinced that you'll walk out of the Dining Room knowing much more than when you walked in!

Friday, September 10 at 1:30 p.m.

DELICIOUS S'MORES!

Mmm! A fall outdoors treat – s'mores! Join us after the Health and Trade Fair for staff-made s'mores! We will be eating these delicious little treats outside by the gazebo! This fun new activity is only \$1/person. Please sign up in the office if you are interested in attending. See you there!

Monday, September 13 at 10.30

DAY TRIPS MEDICAL MEETING

If you participate in any day or extended trips, please join us for this very important meeting which will help us should there be a medical emergency while you are on a trip.

Tuesday, September 14 at 9:30 a.m.

UNIVERA INSURANCE HERE TO ANSWER QUESTIONS

Univera Health comes to the Center the second Tuesday of every month to answer any questions you may have concerning your health care. Please stop in and ask any questions you might have.

Wednesday, September 15 at 6:30 p.m.

MOVIE NIGHT: COLD MOUNTAIN

Tonight we will be watching the 2003 blockbuster, *Cold Mountain*. In the waning days of the American Civil War, a wounded soldier embarks on a perilous journey back home to Cold Mountain, North Carolina to reunite with his sweetheart. This movie is based on the novel by Charles Frazier. We will be eating popcorn, which costs \$1. Please sign up in the office if you are interested in attending. The movie will be shown again as a free encore presentation on Friday, September 17 at 1:15 p.m.

Thursday, September 16 at 1:15

R.S.V.P. ORIENTATION AND REFRESHER MEETING

The Retired Senior Volunteer Program (R.S.V.P.) of Erie County will be holding a orientation and refresher meeting for residents of Erie County who are 55 and older.

- The benefits of being an R.S.V.P. volunteer include:
- The opportunity to try new things and meet new people
- The satisfaction of knowing that you are needed and appreciated
- The Tribute Day – which is an annual recognition event
- Travel reimbursement (mileage, bus, rapid transit)
- Supplemental accident and liability insurance

Some examples of volunteer sites:

Hospitals, nursing homes, elementary school, senior centers, dining programs, Meals on Wheels, rural transportation, nature preserves, and many more!

Please sign up in the office if you are interested in attending this meeting.

Monday, September 20 and 21 from 10 a.m. - 2:30 p.m.

AARP DRIVING COURSE

If you're looking for a way to cut your car insurance rates, consider attending the AARP Driving Course, which will result in a discount in your auto insurance. The sessions begin at 10 a.m. and end at 2:30 p.m. During those days, you may opt to receive a lunch each day, which is only \$2.25, so just let the office staff know when you sign up. The course fee is only \$10. If you are interested in attending these classes, please call the office at 633-5138 to sign up. You must attend **both** days to receive a discount on your insurance. Please remember to bring your drivers license to class. The next session will occur October 18 and 19.

Wednesday, September 22 from 5 – 7 p.m.

ALCOHOL-FREE HAPPY HOUR

Join us this afternoon for an alcohol-free happy hour! We will be drinking mixed non-alcoholic drinks and eating appetizers. We are fortunate enough to have the Barroom Buzzards as our entertainment. The cost is \$4 per person. Please sign up in the office if you are interested in attending.

Thursday, September 23 at 1:30 p.m.

ENCOMPASS 65: INSURANCE QUESTIONS ANSWERED

We all have questions regarding our healthcare. That's why we have Sara Harter from Independent Health here today and who will answer any questions. Everyone is encouraged to attend and find out the answers to what can sometimes be troubling questions we all have at one time or another.

Tuesday, September 28 at 10 a.m.

LONG-TERM CARE PRESENTATION

Today Colleen Fitzhenry from New England Financial will be here to give a long-term care informational seminar. In the presentation you will learn about your many options including how to choose a long-term care facility and how to finance it. Please sign up in the office if you are interested in attending.

October Highlights:

October 13: Oktoberfest

October 20: Movie Night

October 28: Halloween Pumpkin Carving Competition

October 29: Halloween Luncheon

Next Newsletter Deadline: September 3

Come Grow With Us!

The Garden Club will resume in October. Come and learn how to get your yard ready for winter! Get your indoor and outdoor plants ready for the cold season with Master Gardener Ron Nowak! More information will be contained in the October issue of *The Silver Streak*.

COME JOIN THE SENIOR CENTER FOR FREE COFFEE, TEA, OR HOT CHOCOLATE!

Drink up – for free! The staff appreciates all of our members, and as a result we would like to show our recognition by offering free coffee, tea, or hot chocolate on the last Wednesday of every month! Come on in and enjoy a drink and a chat with some of your senior center friends!

Dominoes, anyone?

The Programming Department loves when members offer program and special event suggestions! A member was recently at another local senior center and noticed that the center had a table of dominoes. The member suggested we assess the viability of having a domino game start here – and possibly on Wednesday evenings! The Center already has the dominoes, so all we need now are interested members!

If you are interested in playing dominoes on Wednesday evenings, (or any other day of the week), please see Bethany or Carol and tell them. Your name will go on a list and if we have enough interest, we hope to have a new dominoes group!

Suggestions like this help the center grow for the betterment of everyone! Thank you!

PING-PONG TABLE SCHEDULE

Looking for something new to do with your afternoons? Why not bring a friend and play some ping-pong with our lovely table! Barring any special events, the times listed below are when the ping-pong table will be available for use on the left side of the Dining Room.

- Monday after 1 p.m. to 3:30 p.m.

- Tuesday after 1 p.m. to 3:30 p.m.
- Wednesday after 2:30 p.m. to 3:30 p.m.
- Thursday after 2:30 p.m. to 3:30 p.m.
- Friday after 1 p.m. to 3:30 p.m.

TOPS TAPES

\$50! That's how much a check from Tops was thanks to everyone's continued efforts by bringing in their Tops tapes! Thank you, everyone! Let's keep these tapes (and checks) coming!

THE BIG K-MART'S SENIOR TUESDAYS

The Big K-Mart on Hertel Avenue holds Senior Tuesdays, which everyone should consider checking out. (The Big K-Mart on Walden no longer offers the Senior Tuesday promotions.) Each Tuesday any senior receives 10% off all regular merchandise. There is free coffee in the K-Café, as well as 25% off any food purchase in the K-Café. Join them when they play senior bingo in the K-Café at 9 a.m. for prizes. All are welcome!

Daytrips

Clarence Senior "Casino" Cruisers – come join the fun as we head to "Las Vegas" right across the American-Canadian border!

We're also Toronto bound to see "Hairspray!" We'll go to the Eaton Centre and eat dinner at Town and Country Restaurant.

Please see the enclosed flyer for details on both trips.

C.R. Heimann

Travel Club

We've just returned from a great trip to Wisconsin Dells, Michigan and Indiana and Illinois. We visited some cities and attractions we've never seen before, you missed a wonderful trip.

The next one coming up is our Fall Foliage Excursion in the Adirondacks. Dates October 6-8. It should be a great time of year to visit Raquette Lake, Fourth Lake and old Forge. Pick up a flyer and application and sign up now.

See you at our next meeting Friday, September, 10th at 11 a.m.

H.R. Koegler

Clarence Senior Diners

Thursday September 23rd, 2004

Clarence Senior Diners ----- You requested it -----

So here it is!!! On Thursday, September 23rd, 2004

We are heading out to Childs, N.Y. to the Tillman's Village Inn. (Directions will be posted on Diners Club board). We will meet at 5:30 p.m. Dinner will be served at 6 p.m.

Our meal choices for this evening are:

- Seafood Platter \$ 16.25
Medley of shrimp crab cake, scallops and haddock fried to golden brown.
- Apple Almond Chicken \$16.25
Medley of golden raisins, apples, almonds and croutons carefully wrapped inside a chicken. Baked and finished with a mornay sauce.
- New York Strip Steak – 12 oz. \$21

Above prices include gratuity. All meals include salad potato, Coffee/Tea/Milk or Soda and Creame de Menthe Sundae. Hope to see all you diners at 5:30 p.m. at the Tillman's Village Inn. Reservations close at noon on Monday, September 20th. Final orders must go in on this date. Sign up and make your meal selection in the office.

For all who are going to Shea's for the Rockettes show:
Dinner \$\$\$ is now due – our meal price, including gratuity, is \$24.

Please sign up and pay in the office same as any other Diner's Club dinner.

Thank You,
C.R. Heimann

"Nature Club"

Date: September 16, 2004
Time: Meet at the center at 9:30 a.m. for carpooling.
Place: Art Park, NY

Because of the rain out, we will try one more time to hike along the Niagara Gorge. The fall should be a perfect time for picture taking, so bring along those cameras! For lunch, bring your own hotdogs, buns, drinks, salad, dessert or snack to pass. After lunch a bocce game will be played.

Marge Keating

"Couples Club"

The last picnic of the year held at the Glenwood Pavilion will take place on Monday, September 27. It starts at 3 p.m. Please bring your own meat and dish to pass. All couples are welcome to attend.

Dorothy Derry

HIICAP

Health Insurance Information & Counseling Assistance Program: for more information on HIICAP, or to make an appointment to learn more, please call 633-5138 for Bill Emerson.

Senior Outreach Services

For your convenience, Senior Outreach Services are available at our Center every Friday from 9:30 – 11 a.m. Beth Nelson takes appointments when possible or you can stop in and take your turn.

Senior Outreach Services provides the following:

- Linking persons age 60 and over with appropriate services. For example: Meals on Wheels, Telephone Assurance Program, friendly visitors, etc.
- Applications for Medicaid, Food Stamps, Home Energy Assistance, Real Property Tax Credits and Elderly Pharmaceutical Insurance Coverage (EPIC). Income eligibility guidelines must be followed.
- Support
- Information and referrals
- Cash management
- Assessments for Expanded In-Home Services for the Elderly Program (EISEP). This is a non-Medicaid, functionally impaired clients providing non-medical in-home services (personal care, homemaker, housekeeper). Clients may be required to cost share for services pending the outcome of their financial assessments.

Phone Numbers

Amherst: 636-3070

9 a.m. – 5 p.m.: Monday through Friday

Clarence: 633-5138

Fridays: 9:30 a.m. – 11 a.m.

NUTRITION NEWS

Dear Readers,

Beginning with this issue, I am responsible for the Nutrition News column of *The Sliver Streak*. To keep this column fun and interesting, I invite you, the readers, to submit your favorite recipes, kitchen hints etc. and welcome suggestions for topics relating to nutrition news you would like to read about.

Karla Madrid

Better Taste for the Older Years

By Colleen Simon, Colorado State University
Cooperative Extension, Golden Plains Area

Malnutrition is a serious health risk for older Americans, affecting an estimated one out of four. The diminishing ability to taste and smell is an often-neglected, yet treatable, factor in poor nutrition among the elderly.

A decrease in the senses of taste and smell begins around age 60 and is more pronounced by age 70. The tongue's taste buds become less sensitive, and the nerves in the nose that register aromas need extra stimulation to detect mouth-watering smells. That is why seniors may find that ordinarily seasoned foods taste bland.

Studies at Duke University indicate that the addition of flavor intensifiers to ordinary meals can significantly increase the pleasure of eating. An increase in weight and an improvement in general health usually follow.

Deteriorating health can further compound a decline in the sense of taste. This sense is vulnerable to nutritional status. Malnutrition affects the turnover of the taste bud cells and the integrity of the types of receptors. This in turn can affect the sense of taste and lead to further malnutrition. Cancer patients on chemotherapy or patients recovering from major surgery, for example, are prone to this cycle.

Medications also account for what one doctor calls "the true bitterness of old age." The average person 65 years or older takes three or more drugs. Drugs often are bitter. This bitterness comes out in the saliva and alters the sense of taste. Research has uncovered effective, practical strategies to enhance the appetites of older persons.

These tips can provide an extra boost to flavor and may help increase an older person's enjoyment and interest in eating.

- Add texture by using crunchy foods.
- Use bacon, cheese or butter flavors and monosodium glutamate (MSG) to enhance food's flavor.
- When using almond, vanilla or other extracts, try doubling the amount called for to bring up more flavor.
- Use nectars and jams to make intensely flavored sauces. For example, boil peach nectar until reduced by about half, then mix it with flour to thicken as a sauce for chicken or pork.
- Switch foods as you eat. To avoid taste fatigue, eat one bite of meat, then a bite of vegetable, a bite of bread, etc.
- Combine foods with different temperatures to add a variety of taste sensations.
- Add more of your favorite herbs and spices to dishes.

Recipe

Good-For-You Cornbread

Ingredients:

- 1 cup cornmeal
 - 1 cup flour
 - 1/4 cup white sugar
 - 1 tsp baking powder
 - 1 cup buttermilk, 1% fat
 - 1 egg, whole
 - 1/4 cup margarine, regular, tub
 - 1 tsp vegetable oil (to grease baking pan)
 - Use 1% milk and a small amount of margarine to make this cornbread lower in saturated fat and cholesterol.
- Preheat oven to 350° F.

Directions

- Mix together cornmeal, flour, sugar, and baking powder.
- In another bowl, combine buttermilk and egg. Beat lightly.
- Slowly add buttermilk and egg mixture to the dry ingredients.
- Add margarine and mix by hand or with a mixer for 1 minute.
- Bake for 20 to 25 minutes in an 8 by 8-inch greased baking dish. Cool.
- Cut into 10 squares.

Makes 10 servings

Duplicate Bridge Winners:

July 1, 2004

First: Ron Williams & Bob Ruhlman
63%
Second: Betty Buyers & Wayne Gray
53%

July 08, 2004

First: Jyotsna & Avadhoot Agharkar
72%
Second: Tie for Second
Frank Morabito & Bill Rogers
Bill Westley & Stan Kozlowski
60%

July 15, 2004

First: Mary Ann Carlozzi & Pat O'Brien
75%
Second: Bill Rogers & Stan Kozlowski
57%

July 22, 2004

First: Bill Rogers & Bill Westley
71%
Second: Jyotsna & Avadhoot Agharkar
56%

In Memory

Our sincere sympathy is extended to the families and friends of those members who have recently passed away.

- Wentworth Blackly
- Joseph Kody

Anniversaries

For couples celebrating fifty years or more, please register the date with the office at least six weeks ahead of time.

- 51 years Russ and Gladys Vilardo
- 52 Years Ralph and Nancy Porter
- 52 Years Robert and Bette Schuessler
- 53 years Dave and Norma Bartholomy
- 57 Years John and Peggy Bryant
- 59 years Stanley and Florence Chmielewski

Welcome to the Clarence Senior Center, new members!

Dolores F. D'Amdria
Pauleane Hooley
Harold & Bonnie Lehman

Shopping Schedule

- Monday: Tops
- Tuesday: Wal-Mart
- Wednesday: Tops
- Friday: Tops

There is a limit of six shoppers per trip.

Attention Members and Guests:

Are you remembering to sign in and out when you come and go from the Center? It is very important that you remember to do so. In the event of an emergency, we must account for everyone who was in the building. Please remember to sign in and out!

Bulletin Boards

Please bring any notices that you wish to have posted on the bulletin board to the office. The staff will then post them appropriately. Notices posted by individuals that obscure others mounted on the boards are not acceptable. Postings are normally kept up for one month.

Alzheimer's Family Support Group Meeting

Did you know that we are a designated sight for The Alzheimer's Association of Western New York? Each month on the fourth Wednesday from 7 – 9 p.m. they host a family support meeting. These meetings are very informative and everyone is welcome to attend. Coffee is served.

We Need Your Help!

We need you to help us with information regarding members who are ill or who have passed away. This helps keep our files updated. We also like to send cards. You can call the office at 633-5138 or stop in and tell us. We appreciate everyone's help!